



A STUDY ON KNOWLEDGE OF FEMALE HEALTH WORKER REGARDING DIETARY INTAKE OF PRESCHOOL CHILDREN

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ABSTRACT

The level of knowledge female health workers regarding dietary intake of pre-school children. The objectives of the study to evaluate the level of knowledge of female health workers regarding dietary intake of pre-school children. The research design was adopted descriptive in nature. The conceptual framework for the study was based on modified health belief model (sister callista Roy's adaptation model, 1986). The study has been conducted at community area of Gandhinagar. The second objective of the study is to associate the level of knowledge with selected demographic variables. Non-probability purposive sampling technique had been adopted to select the desired sample. The sample size was 30. The collected data were analyzed by using descriptive statistical inferences. Chi-square test was used to associate the level of knowledge of female health workers in selected demographic variables. Level of knowledge classified as adequate, moderate and inadequate. In that adequate knowledge (70%), moderate knowledge (30%) and inadequate knowledge (0%). It shows that of female health workers had adequate knowledge regarding dietary intake of pre-school children.

KEYWORD: Dietary Intake, Health Workers.

INTRODUCTION:

Nutrition of preschool child is of Para amount important because the foundation for life time health strength and intellectual vitality is laid during this period. Child of today is a citizen of tomorrow and has valuable hand in nation building. Life cannot be sustained without adequate nourishment. Man needs adequate food for growth, development and to lead an active and healthy life. Dietary habits of population in different regions of the world have been determined mainly by the availability of foods locally and local or practices.

Man needs a wide range of nutrients to perform various functions in the body and to lead a healthy life. The nutrition includes protein, fat, carbohydrate, vitamins and minerals. Nutrition plans an important role in the effective functioning of, fat, carbohydrate, vitamins and minerals. Nutrition plans an important role in the effective functioning of the body. Food with all its essential nutrients ensures the proper function of the body as well-oiled machine.

For maintain good health and physical efficiency the diet should provide adequate amount of all nutrients. For designing balance diet it is essential to know the daily requirements of different nutrients. The amount of the nutrients needed by individual vary with different ages; activities and six and men recommendation are given for infant, preschool and schoolchildren, older boys and girls as well as adult men and women.

Nutrition discoveries from ancient days and continues research in its effect on health have a positive effect on the health and wellbeing.

LITERATURE REVIEW:

Dr. Rajammal p. Devdas (2001), the recipient of the international nutrition award for 2001 educating activating, the energizing community with empowerment have been focus of the action oriented research in the four decades of work area of preschool children, nutritious noon meal programme for child, sanitation, concept and integration, nutrition, food based on overcome to micronutrients, malnutrition and nutrition education. Those efforts have been activated through development of relevant food educational materials, their introduction to community, impact evaluation, follow up and implementation of the concept relevant national programme with massive training efforts. Many the efforts outlined have formed the basis of regional and nationwide nutrition intervention strategies. The experiences gained the training effort developed have gone beyond country level exposure to training equipping to nutrition health Workers in other countries.

P. Braveman (2008) investigated - "Early childhood experiences laying the foundation for health across a lifetime" results indicates, that the development of children depends to a major extent on the enjoyment of their rights, particularly Article 24 (the rights to health), Articles 28 and 29 (education), Article 27 (an adequate standard of living, including nutrition, water, clothing and housing), Article 26 (social security) and Article 31 (rest, leisure, play and recreation).

Joseph Nutini (2008) studied "Physical Development in Middle Childhood." Results of the study indicate that Middle Childhood is a developmental stage that occurs between the ages of five and ten years old. There are several important physical changes that happen as a child moves through this stage. Increase in

height and weight happens sporadically. There is a noticeable difference in height and weight between children. This is a natural occurrence but it can also be impacted by heredity and lifestyle. [136]

Witold Półtorak (2009) investigated "The significance of environmental factors for physical development of adolescent" result shows that the highest level of physical development was noted among the group of students with the best environmental conditions. The majority of subjects with a high level of physical development came from families with a single child and with monthly net income per person from 301 to 500 PLN (Polish zloty note) and more. Their parents had at least a secondary education and were either white-collar or blue-collar workers.

R. E. Kail (2006) studied "Children and Their Development" states that, Individual differences in height and weight during childhood are considerable. Some of these differences are due to family genetic factors, others to environmental factors.

Robin McDaniel (2005) investigated "Hereditary Factors That affects Physical Development" results shows heredity is responsible for some physical characteristics and growth aspects in both fetal and childhood development. However, both environment and genetics seem to play a role in overall physical development.

K. North stone et al (2011) investigated, "Are dietary patterns in childhood associated with IQ at 8 years of age"? Resulted as a healthy diet, associated with high intakes of nutrient rich foods at about the time of IQ assessment may be associated with small increases in IQ. WHO reports that in 118 countries 157 million people are suffering from iron deficiency disorder. This is the greatest cause of brain damage in infants and children.

Christa Miller (2011) examined "The Effects of Poor Nutrition on Intellectual Development" Researchers in the study gathered eating habit information from over 7,000 children. Researchers emphasize that the study only, found a correlation between the healthy diet and higher IQ score. Daniza M. Ivanovic et al (2000) studied the effects of malnutrition at an early age. Results show that the long-term effects of malnutrition at an early age may affect brain development, IQ, and Subject Ability in school-age children.

Pen Hein Liang et al (2004) assessed intelligence quotient in a group of Indonesian children age 5-12 years using Goodnough's test and reported significantly lower IQ, who had suffered from vitamin 'A' deficiency at the age of 2-4 years.

RESEARCH OBJECTIVE:

To assess the knowledge of female health worker regarding the dietary intake of preschool children in uvarsad.

To find out the association between knowledge of female health worker regarding dietary intake of preschool children with their socio-demographic variable.

SAMPLE SIZE:

The samples size of a statistical sample is the number of observations that consti-

tutes it. Present the study comprises of 30 samples of female health workers of Gandhinagar.

DATA ANALYSIS:

FREQUENCY & PERCENTAGE WISE DISTRIBUTION OF DEMOGRAPHIC VARIABLES			
SR. NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1	AGE		
	Below 18 years	0	0
	19- 20 years	0	0
	20- 21 years	0	0
	21 and above	30	100%
2.	EDUCATION		
	ANM	30	100%
	GNM	0	0
	BSC nursing	0	0
3.	EXPERIENCE		
	Less than 1 year	0	0
	1-3 year	1	3%
	3- 6 year	7	23%
	More than 6 year	22	73%
4.	MARITAL STATUS		
	married	30	100%
	unmarried	0	0
5.	INCOME		
	>5000 Rs.	0	0
	5001- 10000 Rs.	2	7%
	10001-15000 Rs.	6	20%
	Above 15001 Rs.	22	73%

ASSOCIATION BETWEEN KNOWLEDGE REGARDING DIETARY INTAKE OF PRESCHOOL CHILDREN AND DEMOGRAPHIC VARIABLES

SR NO	DEMOGRAPHIC VARIABLES	DF	TABLE VALUE	LEVAL OF KNOWLEDGE χ^2	SIGNIFICANCE
1	Age	6	12.59	0	Non-significant
2	Education	4	9.49	0	Not-significant
3	Experience	6	12.59	0.4013	Non-significant
4	Marital Status	2	5.99	0	Non-significant
5	Income	6	12.59	0.864	Non-significant

From the above table it can be concluded that there is no relation between any of the demographic variable with the level of knowledge.

For the demographic variable Age and the level of knowledge, the χ^2 calculated value 0 is less than χ^2 table value 12.59 at significant level of 0.05 hence no significant association is their between age and level of knowledge.

For the demographic variable Education level of knowledge, the χ^2 calculated value 0 is less than χ^2 table value 9.49 at significant level of 0.05 hence no significant association is their between education and level of knowledge.

For the demographic variable Experience level of knowledge, the χ^2 calculated value 0.4013 is less than χ^2 table value 12.59 at significant level of 0.05 hence no significant association is their between experience and level of knowledge.

For the demographic variable Marital status level of knowledge, the χ^2 calculated value 0 is less than χ^2 table value 5.99 at significant level of 0.05 hence no significant association is their between Marital status and level of knowledge.

For the demographic variable Income level of knowledge, the χ^2 calculated value 0.864 is less than χ^2 table value 12.59 at significant level of 0.05 hence no significant association is their between Income and level of knowledge.

FINDINGS:

- All female health workers are in the age group of 21 and above years
- All female health workers have ANM education qualification

- 73% of the female health workers have more than 6 years of experience
- All female health workers are married
- 73% of the female health workers earning more than 15000Rs
- Female health workers with 21 years and above age group had adequate knowledge regarding dietary intake of preschool children
- Female health workers with ANM education level had adequate knowledge regarding dietary intake of preschool children
- Female health workers with 1-3 years of experience has highest knowledge regarding dietary intake of preschool children.
- Female health workers are married and had adequate knowledge regarding dietary intake of preschool children
- Female health workers earning 10001 to 15000 has highest level of knowledge regarding dietary intake of preschool children.
- Female health workers with 1-3 years of experience have highest knowledge regarding dietary intake of preschool children while female health workers with more than 6 years have lowest knowledge regarding dietary intake of preschool children
- Female health workers have knowledge about Q-24 (Mid-day meal programme is placed) and lowest knowledge regarding Q-2 (negative impact of the niacin)
- 70% of the female health workers have adequate knowledge regarding dietary intake of preschool children while 30% of the female health workers have moderate knowledge regarding dietary intake of preschool children while none of the female health workers have inadequate knowledge regarding dietary intake of preschool children.

CONCLUSION:

In this study relation between knowledge regarding dietary intake of preschool children and demographic variables has been studied. From the data analysis it can be proved that female health workers with 1-3 years of experience have highest knowledge regarding dietary intake of preschool children while female health workers with more than 6 years have lowest knowledge regarding dietary intake of preschool children. 73.33% of the female health workers have adequate knowledge regarding dietary intake of preschool children while 26.67% of the female health workers have moderate knowledge regarding dietary intake of preschool children while none of the female health workers have inadequate knowledge regarding dietary intake of preschool children.

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